



THE PRESIDENT'S COUNCIL
ON PHYSICAL FITNESS
AND SPORTS

2000-2001

The President's Challenge

Physical Fitness Program Packet

Featured in this packet are the following 2000-2001 President's Challenge Materials:

- ★ Message from the President's Council on Physical Fitness and Sports
- ★ Test Manual (Includes options)
- ★ Awards Listing and Order Form
- ★ State Champion Entry Form
- ★ Physical Fitness Scorecard
- ★ Health Fitness Scorecard
- ★ Ordering information for award T-Shirts
- ★ **New Official President's Challenge Software**

Also enclosed in the packet is a new President's Challenge poster.

This brochure is now available in Spanish.



If you would like additional copies of the poster shown here, please use the enclosed order form on page 13.

For award orders and program information, contact:

THE PRESIDENT'S
CHALLENGE

400 East 7th Street, Bloomington, IN 47405-3085
Phone 1-800-258-8146, Web Site www.indiana.edu/~preschal





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*Special thanks to Romero Britto
for the poster artwork, and to
Nick Judy, photographer,
and students and faculty at
Bloomington High School South
and Grandview Elementary School
in Bloomington, Indiana,
for the use of their photographs
throughout this program packet.*



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**THE PRESIDENT'S COUNCIL
ON PHYSICAL FITNESS
AND SPORTS**

A Message from The President's Council on Physical Fitness and Sports:

The President's Council on Physical Fitness and Sports is proud and honored to offer the President's Challenge Physical Fitness Awards Program to you—our children's teachers, administrators and parents. More than ever before, the nation needs your help in motivating our young people to develop the knowledge and habits they need to be healthy and fit throughout their lives.

The President's Challenge is a tool you can apply to help young people increase their strength, flexibility and endurance as they learn the basic principles of physical activity/fitness. At the same time, they earn Presidential recognition for their efforts and accomplishments.

We live in a time when obesity is epidemic among our young people; the risk of heart disease in youth is on the rise; and non-insulin dependent diabetes, once thought to be a disease of aging, is now regularly diagnosed in children. The resulting suffering and health care costs pose a serious threat to our nation's health and well-being in the coming years. Stressing the proven link between good nutrition and an active lifestyle to overall good health, we must strive to teach our children sound eating habits and the importance of regular physical activity/fitness.

The President's Council on Physical Fitness and Sports commends you for your help and dedication in overcoming the serious problem of physical inactivity among our nation's youth. By combining our energies and resources, we can help our children live long and healthy lives. Together, we can inspire our children to learn, adopt and maintain health and fitness habits to last a lifetime.

HUBERT H. HUMPHREY BUILDING

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Join our monthly e-mail distribution list "fitnessisfun" and receive updated information on the President's Challenge, activities of the President's Council on Physical Fitness and Sports, and current topics in health and fitness.

To subscribe:
Send an e-mail to
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Leave the subject line blank.
In the text of the message
type the following:
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**Visit
The President's
Challenge Web Site
for ordering
and program
information**

**The President's Council
on Physical Fitness and Sports**



Web Site Address
www.fitness.gov

The President's Challenge

E-mail Address
preschal@indiana.edu

Web Site Address
<http://www.indiana.edu/~preschal>

Program Overview

The landmark Surgeon General's Report on Physical Activity and Health, released in July 1996, is a call to action for all Americans to get moving. The success of The President's Challenge program depends on the enthusiasm, knowledge, and role modeling of physical educators and other youth leaders. This is a unique opportunity for young people, ages 6-17, to receive one of four awards as part of The President's Challenge:

The Presidential Physical Fitness Award (PPFA), recognizing an outstanding level of physical fitness.



The PPFA consists of an embroidered Presidential emblem and a certificate signed by the President of the United States. Boys and girls who score at or above the 85th percentile on all five items of The President's Challenge (curl-ups [Option: partial curl-ups], shuttle run, one mile run/walk [Option: 1/4 mile—6-7 year old, 1/2 mile—8-9 year old], pull-ups [Option: right angle push-ups], V-sit reach [Option: sit and reach]) are eligible to receive the award. **Emblems are numbered to correspond with the total number of times the award is earned.** An emblem without a numeral also is available.

The National Physical Fitness Award (NPFA), for achieving a basic, yet challenging level of physical fitness.



The NPFA recognizes a basic yet challenging level of physical fitness. Boys and girls scoring at or above the 50th percentile on all five items on The President's Challenge are eligible to receive this award. The award consists of an embroidered emblem, similar to the PPFA but without the number indicating how often the award is earned. A National certificate of achievement is offered as an alternative to the emblem. (NOTE: students who cannot do one pull-up must meet the standard set for the flexed-arm hang in order to earn the NPFA. At the 50th percentile level for pull-ups, the 1985 School Population Survey shows 0 scores for 6-year old boys and for girls all age levels. The one pull-up standard has been substituted for these zeros to encourage the development of arm and shoulder girdle strength and endurance in boys and girls.)

The Participant Physical Fitness Award (PA), for students whose scores fall below the 50th percentile on one or more of the test items.



The Participant Award recognizes boys and girls who attempt all five test items on The President's Challenge but whose scores fall below the 50th percentile on one or more of them. Students are eligible to receive an embroidered Participant emblem or Participant certificate. The Participant Award emblem is white with gold trim and slightly smaller than the National Award emblem.

The Health Fitness Award (HFA), for students who reach a healthy level of fitness.



The Health Fitness Award (HFA) recognizes students who achieve a healthy level of fitness. As with the physical fitness awards, the Health Fitness Award is given based on the results of a five item assessment (partial curl-ups, one mile run/walk [Option: 1/4 mile 6-7 year old, 1/2 mile 8-9 year old], V-sit [Option: sit and reach], right angle push-ups [Option:

pull-ups] and a measurement of body mass index). Body Mass Index is an easy way, based on height and weight, to estimate body composition without actually measuring body fat. Students are eligible to receive an embroidered emblem and/or certificate.

These four individual awards, along with the long-standing State Champion Award for schools that qualify the highest percentage of students for the PPFA, are awards of the President's Council on Physical Fitness and Sports (PCPFS) and bear the signature of the President of the United States.

The President's Challenge test battery (see page 3) is based primarily on data from the 1985 PCPFS National School Population Fitness Survey conducted for the PCPFS by the University of Michigan Institute for Social Research. Standards for some of the test item options are derived from other sources, including the Amateur Athletic Union Physical Fitness Program and the Canada Fitness Award Program, Health Canada, Government of Canada with permission. Award standards were most recently validated in 1998 by means of comparison with a large nationwide sample collected in 1994.

The National Physical Fitness Award (NPFA), now in its eleventh year, is designed to motivate all youngsters to achieve a basic but challenging level of fitness.

The Participant Award, now in its ninth year, was added to the awards program to help motivate youngsters to strive for a higher level of fitness. The Presidential, National, and Participant Awards are available to boys and girls with disabilities based on criteria outlined on page 7 of this booklet.

The Health Fitness Award, now in its fifth year, recognizes those students who maintain a "healthy level of fitness."

The PCPFS recommends that the assessment battery be used as a part of a fitness education program. Additional tests of health and fitness, such as blood pressure, posture checks, and height/weight can be used to supplement the President's Challenge Physical Fitness Awards Program. Quality physical education programs utilize a variety of assessments and incorporate the results into meaningful and motivational lesson plans. These tests should be administered at the end of a fitness unit in which students learn the reason for the tests and are prepared to take the test items. Teachers may want to evaluate students at the beginning of the year to provide a baseline for them. **It is important that students be given preparation for taking the tests whenever they are given.** Before conducting the President's Challenge, or any youth fitness test, each child's medical status should be reviewed to identify medical, orthopedic or other health problems that should be considered prior to participation in physical activities, including testing.

Schools are encouraged to administer the tests to students at **every** grade level. If that is not possible, the PCPFS recommends that school systems decide on specific grade levels (e.g., grades 4, 7, and 10) at which **all** students in the system will be carefully tested.

Teachers and youth leaders are encouraged to try the option using health/fitness items and standards.

For additional information please write the PCPFS:

PCPFS, 200 Independence Avenue, S.W., Room 738H,
Washington, DC 20201. General PCPFS line: 202-690-9000.
Fax: 202-690-5211.

Web site address: www.fitness.gov

For program information and inquiries:

E-mail address: preschal@indiana.edu

Web site address: <http://www.indiana.edu/~preschal>

Instructions for the President's Challenge Test Items

For use when qualifying students for the Presidential, National and Participant Awards

Directions:

Before performing the following tests, all students should be taught the correct techniques for all tests, including proper pacing and running style. There is no limit to the number of tries students may have on each test item. Physical fitness testing is most effective when it is part of a comprehensive physical education program that supports testing with educational and motivational information. Please use the age of the student at the start of testing when determining award levels.

1. Curl-ups

Objective: To measure abdominal strength/endurance by maximum number of curl-ups performed in one minute.

Testing: Have student lie on cushioned, clean surface with knees flexed and feet about 12 inches from buttocks. Partner holds feet. Arms are crossed with hands placed on opposite shoulders and elbows held close to chest.



Keeping this arm position, student raises the trunk curling up to touch elbows to thighs and then lowers the back to the floor so that the scapulas (shoulder blades) touch the floor, for one curl-up. To start, a timer calls out the signal "Ready? Go!" and begins timing student for one minute. The student stops on the word "stop."



Scoring: "Bouncing" off the floor is not permitted. The curl-up should be counted only if performed correctly. See page 8 for qualifying standards.

Partial Curl-ups (Option to Curl-ups)

Objective: To measure abdominal strength/endurance by maximum number of curl-ups.

Testing: Have student lie on cushioned, clean surface with knees flexed and feet about 12 inches from buttocks. The feet are **not** held or anchored. Arms are extended forward with fingers resting on the legs and pointing toward the knees. The student's partner is behind the head with hands cupped under the student's head. The student



being tested curls up slowly sliding the fingers up the legs until the fingertips touch the knees, then back down until the head touches the partner's hands. The curl-ups are done to a metronome (or audio tape, clapping, drums) with one complete curl-up every three seconds, and are continued until the student can do no more in rhythm (has not done the last three in rhythm) or has reached the target number for the PPFA.



Scoring: Record only those curl-ups done with proper form and in rhythm. See page 8 for qualifying standards.

Rationale: The partial (abdominal) curl-ups, done slowly with knees bent and feet not held, replace the timed curl-ups because they are a better indicator of the strength and endurance of the abdominal muscles.

(continued on next page)

2. Shuttle Run

Objective: To perform shuttle run as fast as possible.

Testing: Mark two parallel lines 30 feet apart and place two blocks of wood or similar object (approximate size of 2"x2"x4") behind one of the lines. Students start behind opposite



line. On the signal "Ready? Go!" the student runs to the blocks, picks one up, runs back to the starting line, places block behind the line, runs back and picks up the second block and runs back across starting line.



Scoring: Blocks should not be thrown across the lines. Scores are recorded to the nearest tenth of a second. See page 8 for qualifying standards.

3. One Mile Run/Walk

Objective: To measure heart/lung endurance by fastest time to cover a one-mile distance.

Testing: On a safe, one-mile distance, students begin running on the count "Ready? Go!" Walking may be interspersed with running. However, the students should be encouraged to cover the distance in as short a time as possible.



Scoring: Before administering this test, students' health status should be reviewed. Also, students should be given ample instruction on how to pace themselves and should be allowed to practice running this distance against time. Sufficient time should be allowed for warming up and cooling down before and after the test. Times are recorded in minutes and seconds.

Option for 6-7 years old ... $\frac{1}{4}$ mile

Option for 8-9 years old ... $\frac{1}{2}$ mile

Alternative distances for younger children are $\frac{1}{4}$ mile for 6-7 years old, and $\frac{1}{2}$ mile for 8-9 years old. The same objective and testing procedures are used as with the mile run. See page 8 for qualifying standards.

Rationale: Shorter distance runs are included as options for younger children. Younger children can be prepared to run the mile run; however some teachers find it easier to administer a shorter run which does provide good information on cardiorespiratory endurance of young children.

4. Pull-ups

Objective: To measure upper body strength/endurance by maximum number of pull-ups completed.

Testing: Student hangs from a horizontal bar with arms fully extended and feet free from floor, using either an overhand grasp (palms facing away from body) or underhand grip (palms facing toward body). Small students may be lifted to starting position. Student raises body until chin clears the bar and then lowers body to full-hang starting position. Student performs as many correct pull-ups as possible.



Scoring: Pull-ups should be done in a smooth rather than jerky motion. Kicking or bending the legs is not permitted and the body must not swing during the movement. See page 8 for qualifying standards.

Right Angle Push-ups (Option to Pull-ups)

Objective: To measure upper body strength/endurance by maximum number of push-ups completed.

Testing: The student lies face down on the mat in push-up position with hands under shoulders, fingers straight, and legs straight, parallel, and slightly apart, with the toes supporting the feet. The student straightens the arms, keeping the back and knees straight, then lowers the body until there is



a 90-degree angle at the elbows, with the upper arms parallel to the floor. A partner holds her/his hand at the point of the 90-degree angle so that the student being tested goes down only until her/his shoulder touches the partner's hand, then back up. The push-ups are done to a metronome (or audio tape, clapping, drums) with one complete push-up every three seconds, and are continued until the student can do no more in rhythm (has not done the last three in rhythm) or has reached the target number for the PPFA.

Scoring: Record only those push-ups done with proper form and in rhythm. See page 8 for qualifying standards.

Rationale: The right angle push-ups are recommended for upper body strength/endurance testing because the student's body weight has less effect than it does on pull-ups. Right angle push-ups provide a better indicator of the range of strength/endurance found in children and youth, whereas many are unable to do any pull-ups. Pull-ups remain an option for those students at higher levels of strength/endurance.

Flexed-Arm Hang

Alternative to pull-ups or right angle push-ups for National and Participant Physical Fitness Awards.

Students who cannot do one pull-up may do the flexed-arm hang in order to qualify for the National or Participant Physical Fitness Awards. To qualify for the Presidential Award, students are required to do pull-ups or right angle push-ups.

Objective: To maintain flexed-arm hang position as long as possible.

Testing: Using either an overhand grasp (palms facing away from body) or underhand grip (palms facing toward body), student assumes flexed-arm hang position with chin clearing the bar. Students may be lifted to this position. Student holds this position as long as possible.

Scoring: Chest should be held close to bar with legs hanging straight. Timing is stopped when student's chin touches or falls below the bar. See page 8 for qualifying standards.

5. V-Sit Reach

Objective: To measure flexibility of lower back and hamstrings by reaching forward in the V position.

Testing: A straight line two feet long is marked on the floor as the baseline. A measuring line is drawn perpendicular to the midpoint of the baseline extending two feet on each side and marked off in half-inches. The point where the baseline and measuring line intersect is the "0" point. Student removes shoes and sits on floor with measuring line between legs and soles of feet placed immediately behind baseline, heels 8-12 inches apart. Student clasps thumbs so that hands



are together, palms down and places them on measuring line. With the legs held flat by a partner, student slowly reaches forward as far as possible, keeping fingers on baseline and feet flexed. After three practice tries, the student holds the fourth reach for three seconds while that distance is recorded.

Scoring: Legs must remain straight with soles of feet held perpendicular to the floor (feet flexed). Students should be encouraged to reach slowly rather than "bounce" while stretching. Scores, recorded to the nearest half-inch, are read as plus scores for reaches beyond baseline, minus scores for reaches behind baseline. See page 8 for qualifying standards.

Sit and Reach (Option to V-Sit Reach)

Objective: Farthest distance reached.

Testing: A specially constructed box with a measuring scale marked in centimeters, with 23 centimeters at the level of the feet. (Details for construction are available on the web site or by contacting our office.) Student



removes shoes and sits on floor with knees fully extended, feet shoulder-width apart and soles of the feet held flat against the end of the box. With hands on top of each other, palms down, and legs held flat, student reaches along the measuring line as far as possible. After three practice reaches, the fourth reach is held while the distance is recorded.

Scoring: Legs must remain straight, soles of feet against box and fingertips of both hands should reach evenly along measuring line. Scores are recorded to the nearest centimeter. See page 8 for qualifying standards.

Accommodating Students with Disabilities

Students with disabilities have the right to an individualized physical fitness program. Thus, the PCPFS includes suggested guidelines for accommodating these students in its President's Challenge Physical Fitness Awards Program. These students can be motivated to develop lifetime habits of appropriate physical activity through recognition of achievement in physical fitness. The suggestions for accommodation have been pre-



pared to permit boys and girls with disabilities, ages 6-17, not only to be acknowledged for their achievement, but to qualify for the Presidential, National, the Participant Physical Fitness, or the Health Fitness Awards in the President's Challenge Physical Fitness Awards Program.

Teachers, or fitness leaders, may decide that other students, without identified disabilities, also need accommodations in one or more of the test categories or awards. Making accommodations is consistent with the goal of providing motivation for life-long physical activity through physical fitness achievement.

Qualified instructors who verify they have followed the criteria presented, may qualify students who do not reach PCPFS standards on one or more of the test items in the awards program. For questions or information concerning these guidelines, please call our Toll Free Number: 1-800-258-8146.

These Modifications Apply to All Awards

Guidelines for Qualifying Students with Disabilities for the Presidential, National, Participant Physical Fitness, or the Health Fitness Award

1. The instructor has reviewed the individual's records to identify medical, orthopedic, or other health problems which should be considered prior to participation in physical activities including physical fitness testing.
2. The individual has a disability or other problem that adversely affects performance on one or more test items.
3. The individual has been participating in an appropriate physical fitness program that develops and maintains cardiorespiratory endurance, muscular strength and endurance, flexibility, and body composition.
4. The instructor has administered all five test items making needed modifications or substituting alternative test items for the individual.
5. The instructor judges that the individual has been tested on all five test items and/or in each of the five fitness categories and has performed at a level equivalent to a Presidential, National, Participant Physical Fitness, or the Health Fitness Award.



Physical Fitness Demonstration Centers

The President's Council on Physical Fitness and Sports (PCPFS) invites all states to participate in the demonstration center project. It aims to focus attention on individual schools, recognized by State Departments of Education, which have outstanding programs of physical education that contribute to students' physical fitness. For details about participation, or to be recognized, please visit our web site at <http://www.indiana.edu/~preschal>.

Qualifying Standards

Also available
as a Wall Chart!
See Order Form
on Page 13.

Please Note: Award standards were most recently validated in 1998 by means of comparison with a large nationwide sample collected in 1994.

The Presidential Physical Fitness Award



	AGE	CURL-UPS (# one minute)	PARTIAL* CURL-UPS (#)	SHUTTLE RUN (seconds)	V-SIT REACH (inches)	SIT AND REACH (centimeters)	ONE-MILE RUN (min:sec)	DISTANCE OPTION** (min:sec) 1/4 mile	(min:sec) 1/2 mile	PULL-UPS (#)	RT. ANGLE* PUSH-UPS (#)
BOYS	6	33	22	12.1	+3.5	31	10:15	1:55		2	9
	7	36	24	11.5	+3.5	30	9:22	1:48		4	14
	8	40	30	11.1	+3.0	31	8:48		3:30	5	17
	9	41	37	10.9	+3.0	31	8:31		3:30	5	18
	10	45	35	10.3	+4.0	30	7:57			6	22
	11	47	43	10.0	+4.0	31	7:32			6	27
	12	50	64	9.8	+4.0	31	7:11			7	31
	13	53	59	9.5	+3.5	33	6:50			7	39
	14	56	62	9.1	+4.5	36	6:26			10	40
	15	57	75	9.0	+5.0	37	6:20			11	42
	16	56	73	8.7	+6.0	38	6:08			11	44
	17	55	66	8.7	+7.0	41	6:06			13	53
GIRLS	6	32	22	12.4	+5.5	32	11:20	2:00		2	9
	7	34	24	12.1	+5.0	32	10:36	1:55		2	14
	8	38	30	11.8	+4.5	33	10:02		3:58	2	17
	9	39	37	11.1	+5.5	33	9:30		3:53	2	18
	10	40	33	10.8	+6.0	33	9:19			3	20
	11	42	43	10.5	+6.5	34	9:02			3	19
	12	45	50	10.4	+7.0	36	8:23			2	20
	13	46	59	10.2	+7.0	38	8:13			2	21
	14	47	48	10.1	+8.0	40	7:59			2	20
	15	48	38	10.0	+8.0	43	8:08			2	20
	16	45	49	10.1	+9.0	42	8:23			1	24
	17	44	58	10.0	+8.0	42	8:15			1	25

The National Physical Fitness Award



	AGE	CURL-UPS (# one minute)	PARTIAL* CURL-UPS (#)	SHUTTLE RUN (seconds)	V-SIT REACH (inches)	SIT AND REACH (centimeters)	ONE-MILE RUN (min:sec)	DISTANCE OPTION** (min:sec) 1/4 mile	(min:sec) 1/2 mile	PULL-UPS (#)	RT. ANGLE* PUSH-UPS (#)	FLEXED-ARM HANG (sec)
BOYS	6	22	10	13.3	+1.0	26	12:36	2:21		1	7	6
	7	28	13	12.8	+1.0	25	11:40	2:10		1	8	8
	8	31	17	12.2	+0.5	25	11:05		4:22	1	9	10
	9	32	20	11.9	+1.0	25	10:30		4:14	2	12	10
	10	35	24	11.5	+1.0	25	9:48			2	14	12
	11	37	26	11.1	+1.0	25	9:20			2	15	11
	12	40	32	10.6	+1.0	26	8:40			2	18	12
	13	42	39	10.2	+0.5	26	8:06			3	24	14
	14	45	40	9.9	+1.0	28	7:44			5	24	20
	15	45	45	9.7	+2.0	30	7:30			6	30	30
	16	45	37	9.4	+3.0	30	7:10			7	30	28
	17	44	42	9.4	+3.0	34	7:04			8	37	30
GIRLS	6	23	10	13.8	+2.5	27	13:12	2:26		1	6	5
	7	25	13	13.2	+2.0	27	12:56	2:21		1	8	6
	8	29	17	12.9	+2.0	28	12:30		4:56	1	9	8
	9	30	20	12.5	+2.0	28	11:52		4:50	1	12	8
	10	30	24	12.1	+3.0	28	11:22			1	13	8
	11	32	27	11.5	+3.0	29	11:17			1	11	7
	12	35	30	11.3	+3.5	30	11:05			1	10	7
	13	37	40	11.1	+3.5	31	10:23			1	11	8
	14	37	30	11.2	+4.5	33	10:06			1	10	9
	15	36	26	11.0	+5.0	36	9:58			1	15	7
	16	35	26	10.9	+5.5	34	10:31			1	12	7
	17	34	40	11.0	+4.5	35	10:22			1	16	7

The Participant Physical Fitness Award



Boys and girls who attempt all five items, but whose scores fall below the 50th percentile on one or more of them are eligible to receive the Participant Award.

*Norms from Canada Fitness Award Program, Health Canada, Government of Canada with permission.

**1/4 and 1/2 mile norms from Amateur Athletic Union Physical Fitness Program with permission.

Health Fitness Award (HFA)

For the fifth year in a row the President's Challenge is providing interested teachers and youth leaders with a health criterion-referenced award as an alternative to the traditional Physical Fitness Awards. This Health Fitness Award (HFA) can be earned by youngsters whose test scores meet or exceed the specified health criteria on each of the five items comprising the President's Challenge Health Fitness Test listed below. Award standards are based upon health-related criteria adapted from several sources as indicated in the table below.

While teachers may choose to administer both the President's Challenge Physical Fitness Test **and** the President's Challenge Health Fitness Test to their students, it is not intended that students should receive awards from both tests. Although if a teacher so chooses, both awards can be ordered.

Health Fitness Test Items:

For use when qualifying students for the Health Fitness Award.

Use criterion referenced standards listed on this page.

1. Partial Curl-ups
See page 3
2. One Mile Run/Walk with distance option
See page 4
3. V-Sit Reach or Sit and Reach option
See page 6

4. Right Angle Push-ups or Pull-ups option
See page 5

5. Body Mass Index (BMI)

Objective: To estimate body composition

Testing: Determine total body weight (kilograms) and height (meters). Use Table to convert to BMI (page 10), or use formula:

$$\text{Wt (kg)} / \text{Ht (m)}^2$$

$$\text{Wt [2.2 lbs = 1 kg]} \quad \text{Ht [1 inch = 0.0254 m]}$$

Example: A 16 year old boy weighing 154 pounds (70 kg), and 68 inches tall (1.727 meters) has a BMI of:

$$\frac{70 \text{ kg}}{(1.727\text{m})^2} = \frac{70}{2.98} \approx 23.5 \text{ kg/m}^2$$

Based on the BMI range for a 16 year old boy listed in the table below; a BMI index of 23.5 puts this boy in the desirable range. Use the BMI chart (next page) for quick calculation.

Rationale: Body composition is an important component of physical fitness. Body mass index is one method to estimate this fitness component.

Available
on the
Awards
Wall Chart.

The Health Fitness Award

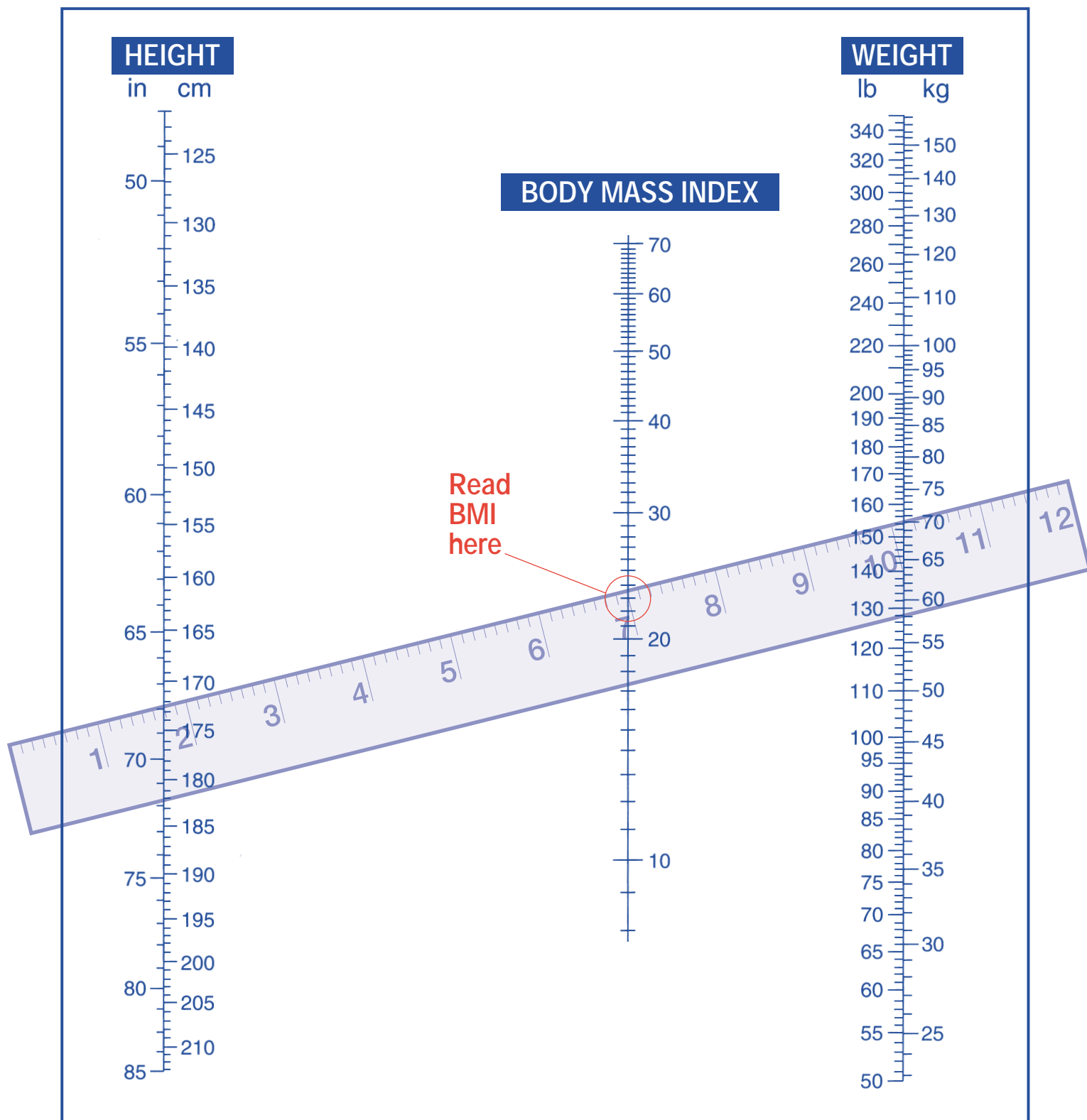


	AGE	PARTIAL CURL-UPS (#)	ONE-MILE RUN (min:sec)	OR DISTANCE OPTION		V-SIT REACH (inches)	OR SIT AND REACH (centimeters)	RT. ANGLE PUSH-UPS (#)	OR PULL-UPS (#)	BMI (range)
				(min:sec) 1/4 mile	(min:sec) 1/2 mile					
BOYS	6	12	13:00	2:30	4:45	1	21	3	1	13.3-19.5
	7	12	12:00	2:20		1	21	4	1	13.3-19.5
	8	15	11:00			1	21	5	1	13.4-20.5
	9	15	10:00			1	21	6	1	13.7-21.4
	10	20	9:30			1	21	7	1	14.0-22.5
	11	20	9:00		4:35	1	21	8	2	14.0-23.7
	12	20	9:00			1	21	9	2	14.8-24.1
	13	25	8:00			1	21	10	2	15.4-24.7
	14	25	8:00			1	21	12	3	16.1-25.4
	15	30	7:30			1	21	14	4	16.6-26.4
	16	30	7:30			1	21	16	5	17.2-26.8
	17	30	7:30			1	21	18	6	17.7-27.5
GIRLS	6	12	13:00	2:50	5:35	2	23	3	1	13.1-19.6
	7	12	12:00	2:40		2	23	4	1	13.1-19.6
	8	15	11:00			2	23	5	1	13.2-20.7
	9	15	10:00			2	23	6	1	13.5-21.4
	10	20	10:00			2	23	7	1	13.8-22.5
	11	20	10:00		5:25	2	23	7	1	14.1-23.2
	12	20	10:30			2	23	8	1	14.7-24.2
	13	25	10:30			3	25	7	1	15.5-25.3
	14	25	10:30			3	25	7	1	16.2-25.3
	15	30	10:00			3	25	7	1	16.6-26.5
	16	30	10:00			3	25	7	1	16.8-26.5
	17	30	10:00			3	25	7	1	17.1-26.9

Criterion standards listed above adapted from Amateur Athletic Union Physical Fitness Program; AAHPERD Physical Best; Cooper Institute for Aerobic Research, Fitnessgram; Corbin, C. & Lindsey, R., *Fitness for Life*, 4th edition; and YMCA Youth Fitness Test.

Body Mass Index

Directions: Use a ruler to connect the height column to the weight column and read the BMI number in the middle.



Example: Use same example as shown on page 9.

Modified with permission from David C. Nieman, *Fitness and Sports Medicine; A Health-Related Approach*, (3rd edition), Bull Publishing Co., Palo Alto, CA, 1995.

How to Order

Four Easy Ways To Order!



1



Order by Mail:

- Orders accepted YEAR ROUND!
The President's Challenge, Poplars Research Center, 400 E. 7th Street, Bloomington, IN 47405-3085
- Orders must be accompanied by payment or an official purchase order.
- Please do not send cash or postage stamps.
- Delivery Time: 18 days from receipt of order at our program office (please allow 5-7 days for U.S. mail delivery of your order to our program office!!)
For Example: If we receive your order at our program office on April 1st, you will receive your order on or before April 19th.
- Orders within the 48 contiguous states sent FedEx Ground ONLY.

2



Order by Phone (1-800-258-8146):

- Orders accepted YEAR ROUND!
- To place orders OR if you have questions or inquiries.
- Business Hours: 8 AM to 5 PM Monday through Friday.
- Institutional purchase order or charge (MasterCard or Visa) requested for phone orders.
- Delivery Time: 18 days from receipt of order.
- Orders within the 48 contiguous states sent FedEx Ground ONLY.
- If you order by phone please **do not** send a confirming order as a duplication may result.

3



Order by Fax (1-812-855-8999):

- Orders accepted YEAR ROUND by FAX/24 hours a day. Orders must be completely filled out and a phone number included where you may be contacted.
- Institutional purchase order or charge (MasterCard or Visa) requested for all FAX orders.
- Delivery Time: 18 days from receipt of order.
- Orders within the 48 contiguous states sent FedEx Ground ONLY.
- If you order by fax please **do not** send a confirming order as a duplication may result.

4



Order Online (<http://www.indiana.edu/~preschal>):

- Orders accepted YEAR ROUND via the Internet/24 hours a day/365 days per year.
- Delivery Time: 18 days from receipt of order.
- Orders within the 48 contiguous states sent FedEx Ground ONLY.
- If you order online please **do not** send a confirming order as a duplication may result.

Rush Orders: *Extra Charge*

- Delivery Time: Four business days from receipt of order at our program office.
For Example: If we receive your order at our program office on a Monday, you will receive your order on or before Friday.
- Rush orders sent FedEx Express Two Day Air Only!
- Cost: To place a RUSH order, just add in 25% of the sub-total or \$25.00 (**whichever is greater**) on the appropriate line of the order form.

Please order early!

Policies

- International Orders Policy: All international orders shipped U.S. Postal Service. No international rush orders accepted.
- Incomplete Order Policy: Upon receipt of your order, please verify contents for accuracy. If your order is incomplete please contact the program office immediately.
- Refund Policy: Sorry, no refunds or exchanges for award materials. Exception—**Certificates bearing signatures of former presidents will be exchanged this year at no cost due to a change in administration. Be sure to send your address when exchanging certificates.**

Ship to:

Name (Required) _____

School/Organization _____

Address _____
(Sorry, no P.O. boxes)

City _____ State _____ Zip Code _____

E-mail _____

Phone Number (____) _____

Bill to:

Name (Required) _____

School/Organization _____

Address _____

City _____ State _____ Zip Code _____

E-mail _____

Mailing address for orders and inquiries:

The President's Challenge
Poplars Research Center
400 E. 7th Street, Bloomington, IN 47405-3085

1-800-258-8146
(Toll-Free Number)

☐ Check # _____☐ Money Order # _____☐ Card Number _____
(Only MasterCard and Visa accepted)

Signature: _____ Exp. Date: _____

☐ Bill us (institutional purchase orders only).

Purchase Order # _____

Please fill out the section below**(To help us expedite your order please fill out completely.)**1.) School: ☐ Elementary ☐ Middle ☐ Junior High ☐ Senior High
☐ Homeschool2.) How is your school or agency classified? ☐ Public ☐ Private

3.) What is your school's approximate enrollment? _____

4.) How many students were tested? Males _____ Females _____

5.) How many qualified for each award?

Presidential	National	Participant	HFA
Male _____	_____	_____	_____
Female _____	_____	_____	_____

6.) How many students with disabilities were tested? _____
How many students with disabilities qualified for each award?

Presidential	_____
National	_____
Participant	_____
HFA	_____

7.) Does your School District require you to use The President's Challenge testing program? ☐ Yes ☐ No

8.) How did you learn about the program? (Please check ONE)

- | | |
|--|--|
| a) Direct Mail <input type="checkbox"/> | d) National Convention <input type="checkbox"/> |
| b) Contact by Phone <input type="checkbox"/> | e) Fellow teacher <input type="checkbox"/> |
| c) Media: _____ | or administrator <input type="checkbox"/> |
| TV <input type="checkbox"/> | f) Professional association <input type="checkbox"/> |
| Newspaper <input type="checkbox"/> | g) World Wide Web <input type="checkbox"/> |
| Magazine <input type="checkbox"/> | h) Other _____ <input type="checkbox"/> |

9.) Are you a previous user? ☐ Yes ☐ No

If yes, how many years? _____

The 2000-2001 President's Challenge Program Order Form**Presidential Award**—85th Percentile and above on all test items.**National Award**—50th through 84th Percentile on all test items.**Participant Award**—Below the 50th Percentile on one or more of the test items.

Description	Unit Price	Quantity	Amount
Presidential Emblems:			
1st Year Presidential Emblem	(001) \$1.25		
2nd Year Presidential Emblem	(002) \$1.25		
3rd Year Presidential Emblem	(003) \$1.25		
4th Year Presidential Emblem	(004) \$1.25		
5th Year Presidential Emblem	(005) \$1.25		
6th Year Presidential Emblem	(006) \$1.25		
7th Year Presidential Emblem	(007) \$1.25		
8th Year Presidential Emblem	(008) \$1.25		
9th Year Presidential Emblem	(009) \$1.25		
10th Year Presidential Emblem	(010) \$1.25		
11th Year Presidential Emblem	(011) \$1.25		
12th Year Presidential Emblem	(012) \$1.25		
No Numeral Presidential Emblem	(013) \$1.25		
Presidential Award Certificate	(014) * *		
Presidential Award Certificate	(015) \$0.50		
National Emblem	(020) \$1.00		
National Award Certificate	(021) \$0.20		
Participant Emblem	(022) \$0.50		
Participant Certificate	(023) \$0.20		
Health Fitness Emblem	(024) \$1.00		
Health Fitness Certificate	(025) \$0.20		
Presidential Physical Fitness Award Decals (set of 6)	(030) \$0.75		
Presidential Instructor Emblem	(040) \$1.50		
Presidential Magnet	(041) \$0.75		
National Magnet	(042) \$0.75		
Participant Magnet	(046) \$0.50		
Presidential Bumper Sticker	(043) \$0.25		
National Bumper Sticker	(044) \$0.25		
Slide Chart	(045) \$3.00		
2000-2001 Poster (20" x 17")	(050) \$1.00		
Awards Wall Chart (16 1/2" x 22 3/4")	(051) \$1.00		
Official Student Award T-Shirts (bring total forward from page 19)			

Sub-Total (+)		
Rush Charge (25% of Sub-Total or \$25.00 whichever is greater) (+)		
Shipping & Handling (+)		
Get Fit! Handbook (060)		
Quantity of 1-99 @ \$.75 each.		
Quantity ordered _____		
Get Fit! Handbook (061)		
Quantity of 100+ @ \$.60 each.		
Quantity ordered _____		
(=)		
GRAND TOTAL		

Don't forget to include your T-Shirt Order Form!

Shipping & Handling:
 (Foreign orders must be prepaid in U.S. currency.)

Less than \$10.00	= \$3.50
\$10.00-\$24.99	= \$4.50
\$25.00-\$49.99	= \$5.50
\$50.00-\$99.99	= \$6.50
\$100 or more	= 8% of subtotal

*With each Presidential Emblem order, you receive a free Presidential Award Certificate. If you need additional Presidential Certificates without a Presidential Emblem, they are available for \$.50 each (see item "Presidential Award Certificates"—Code 015).

Please Note: Please allow 18 days from receipt of your order at our program office for delivery of your awards.

This form may be photocopied.

The President's Challenge Program Awards Self-mailer

Order Checklist:

- ☐ Did you include payment or an Official Purchase Order?
- ☐ If you used MasterCard or Visa, did you include:
 - ☐ Card Number?
 - ☐ Expiration Date?
 - ☐ Signature?
- ☐ Did you complete the "Ship To:" and "Bill To:" sections of your order form?
- ☐ Did you complete the "Questionnaire" section of your order form?
- ☐ Did you **allow 18 days from receipt of your order at our program office for delivery of your awards?**

FOLD HERE

To utilize this form as a self-mailer, please fold in thirds with panel below facing out, affix postage, and seal with tape.
If T-Shirt Order Form is included, or if payment is made with a money order or check,
please enclose Order Form(s) and payment in an envelope.

FOLD HERE

PLACE
STAMP HERE
The Post Office
will not
deliver mail
without proper
postage.

THE PRESIDENT’S CHALLENGE
Poplars Research Center
400 E. 7th Street
Bloomington, IN 47405-3085

Entry Form

2000-2001 State Champion Physical Fitness Award

Complete the following information:

School name _____

Address _____

City _____ State _____ Zip _____

E-mail _____

Type of School ☐ Elementary ☐ Jr. High ☐ Public
☐ Middle ☐ Sr. High ☐ Private



Deadline:

Entries must be postmarked by July 1, 2001.
 No entries will be processed after this deadline.

A. Total Eligible Enrollment:* This figure must be the total number of pupils (male and female) ages 6 through 17 years enrolled in the school on May 9, 2001 or the last official day of school, if earlier.

**This includes any 6 year olds in kindergarten.*

B. Total Number Qualifying for Presidential Award:
 Number of pupils qualifying for the Presidential Physical Fitness Award during the 2000-2001 school year.

C. Percentage: Divide Total Eligible Enrollment figure (A) into Total Number Qualifying (B)

$$\frac{B}{A} \times 100 = \%$$

Category
 Circle one

I II III

Boys Girls Total

--	--	--

Enter figures here

Boys Girls Total

--	--	--

Enter figures here

--

Enter total % here

Official Certification Must be Completed to Enter the Competition

I certify that the pupils qualifying were tested in strict adherence to The President's Challenge test and did score at or above the 85th percentile on each of the test items. The boys' norms were used to qualify boys and the girls' norms to qualify girls. I have attached the class composite record indicating the scores of those pupils who ranked at or above the 85th percentile on each test.

 Name of Physical Education Teacher or Dept. Chairperson (Type or Print)

 Signature

I hereby certify that the above enrollment figure and number of students qualifying is correct.

 Name of Principal (Type or Print)

 Signature

 School Telephone Number (including area code)

This form may be photocopied

Mail this completed form along with your list of presidential winners to:

**The President's Challenge
 Poplars Research Center
 400 E. 7th Street
 Bloomington, IN 47405-3085**

CATEGORIES

The State Champion Award is annually presented to three schools in each state, those in the following categories, with the largest percentage of their students qualifying for the Presidential Physical Fitness Award (individual scores of the 85th percentile or higher on The President's Challenge):

Category 1. Schools with 50-200 student enrollment*

Category 2. Schools with 201-500 student enrollment

Category 3. Schools with over 500 student enrollment

Only **Schools** will be considered for the State Champion Physical Fitness Award.

**no schools less than 50 students.*

AWARDS

Winning schools, in each of the three categories, will receive a distinctive award certificate, plus statewide—even nationwide, recognition for their outstanding achievement. Every student who helps their school win by qualifying for the Presidential Physical Fitness Award will receive an attractive embroidered State Champion Physical Fitness Award Emblem and a Student Certificate. Your school's participation in the State Champion program is free and highly encouraged.

NOTIFICATION

All schools entering the State Champion program will be notified on October 1, 2001. Winners will also be listed on the President's Challenge web site at www.indiana.edu/~preschal.

TO ENTER

State Champion Physical Fitness Award Guidelines:

- 1.) Complete your President's Challenge testing for the 2000-2001 school year.
- 2.) Complete the entry form for the 2000-2001 State Champion Physical Fitness Award (located on this page).
- 3.) Complete the Class Composite Record indicating the scores of all youth tested at 85% or better (located on page 16). Note: This form may be photocopied.
- 4.) Include the Full Name and Complete Test Scores of each student who scored at or above the 85th percentile on the Class Composite Record.
- 5.) **Only entries on the Class Composite Record sheet will be considered for the State Champion Physical Fitness Award.**
- 6.) **ENTRIES MUST BE POSTMARKED NO LATER THAN JULY 1, 2001.**

To protect the integrity of the program, the State Champion Award Guidelines listed above must all be followed.

THE PRESIDENT'S CHALLENGE PHYSICAL FITNESS SCORECARD

FOR THE ADMINISTRATOR

Name _____ School/Organization _____ Gender _____

Instructions: The Scorecard has been designed so that it may be copied onto heavy stock paper. If copied on both sides, this card will keep testing information for a student from age 6 through 17.

TEST ____ TEST ____ TEST ____ TEST ____ TEST ____

The President's Challenge Events		Date _____ Age _____ Grade _____ Ht. _____ Wt. _____	Date _____ Age _____ Grade _____ Ht. _____ Wt. _____	Date _____ Age _____ Grade _____ Ht. _____ Wt. _____	Date _____ Age _____ Grade _____ Ht. _____ Wt. _____	Date _____ Age _____ Grade _____ Ht. _____ Wt. _____	Date _____ Age _____ Grade _____ Ht. _____ Wt. _____
1. Curl-ups (# of reps. within 1 min.) or Partial Curl-ups (#)	Raw score						
	Level	Pr N Pa	Pr N Pa	Pr N Pa	Pr N Pa	Pr N Pa	Pr N Pa
2. Shuttle Run (seconds x x.x)	Raw score						
	Level	Pr N Pa	Pr N Pa	Pr N Pa	Pr N Pa	Pr N Pa	Pr N Pa
3. V-sit (inches) or Sit & Reach (centimeters)	Raw score						
	Level	Pr N Pa	Pr N Pa	Pr N Pa	Pr N Pa	Pr N Pa	Pr N Pa
4. One mile run/walk or 1/4 mile 6-7 yr. old; 1/2 mile 8-9 yr. old (min:sec)	Raw score						
	Level	Pr N Pa	Pr N Pa	Pr N Pa	Pr N Pa	Pr N Pa	Pr N Pa
5. Pull-ups or Rt. Angle Push-ups (#) or Flexed-Arm Hang (sec)	Raw score						
	Level	Pr N Pa	Pr N Pa	Pr N Pa	Pr N Pa	Pr N Pa	Pr N Pa
AWARD EARNED (Check one & instructor sign)	PRES						
	NAT'L						
COMMENTS	PART						

THE PRESIDENT'S CHALLENGE HEALTH FITNESS SCORECARD

FOR THE ADMINISTRATOR

Name _____ School/Organization _____ Gender _____

Instructions: The Scorecard has been designed so that it may be copied onto heavy stock paper. If copied on both sides, this card will keep testing information for a student from age 6 through 17.

TEST ____ TEST ____ TEST ____ TEST ____ TEST ____

The President's Challenge Health Fitness Events		Date _____ Age _____ Grade _____ Ht. _____ Wt. _____	Date _____ Age _____ Grade _____ Ht. _____ Wt. _____	Date _____ Age _____ Grade _____ Ht. _____ Wt. _____	Date _____ Age _____ Grade _____ Ht. _____ Wt. _____	Date _____ Age _____ Grade _____ Ht. _____ Wt. _____
1. Partial Curl-ups (number)	Raw score					
	Level	HF	HF	HF	HF	HF
2. One mile run/walk or 1/4 mile 6-7 yr. old; 1/2 mile 8-9 yr. old (min:sec)	Raw score					
	Level	HF	HF	HF	HF	HF
3. V-sit (inches) or Sit & Reach (centimeters)	Raw score					
	Level	HF	HF	HF	HF	HF
4. Rt. angle push-ups or pull-ups (number)	Raw score					
	Level	HF	HF	HF	HF	HF
5. BMI	Raw score					
	Level	HF	HF	HF	HF	HF
AWARD EARNED (Check one & instructor sign)	HF					
	COMMENTS					

HF = Health Fitness

This form may be photocopied.

Official Student Award T-Shirts



A PRESIDENTIAL PHYSICAL FITNESS AWARD T-SHIRT –

Royal blue with silkscreened logo on chest.

Youth Medium - Large or Adult Small - XX-Large

B NATIONAL PHYSICAL FITNESS AWARD T-SHIRT –

Red with silkscreened logo on chest.

Youth Medium - Large or Adult Small - XX-Large

C PARTICIPANT PHYSICAL FITNESS AWARD T-SHIRT –

White with silkscreened logo on chest.

Youth Medium - Large or Adult Small - XX-Large

NOTE: All student award t-shirts are 5.6 oz. 100% preshrunk cotton. See size and price charts below.

PRICING

Quantity	1-11	12-23	24-143	144+
Youth M-L	7.35	6.60	6.10	5.75
Adult S-2XL	8.50	7.75	7.25	6.90

Size Chart	S	M	L	XL	XXL
Mens	34-36	38-40	42-44	46-48	50
Womens (Bust)	34-36	38-40	42-44	N/A	N/A
Womens (Blouse)	10-12	14-16	18-20	N/A	N/A
Youth	N/A	10-12	14-16	N/A	N/A

Student Award Shirts								Price based on total quantity					
Description	Code	Color	S	M	L	XL	2XL	Total Quantity	1-11	12-23	24-143	144+	Total
Adult Presidential Award Tee	070	Royal Blue							8.50	7.75	7.25	6.90	
Youth Presidential Award Tee	071	Royal Blue	n/a			n/a	n/a		7.35	6.60	6.10	5.75	
Adult National Award Tee	072	Red							8.50	7.75	7.25	6.90	
Youth National Award Tee	073	Red	n/a			n/a	n/a		7.35	6.60	6.10	5.75	
Adult Participant Award Tee	074	White							8.50	7.75	7.25	6.90	
Youth Participant Award Tee	075	White	n/a			n/a	n/a		7.35	6.60	6.10	5.75	
Total to be transferred to page 13													

Please contact our office for return and exchange authorizations.

Software

FitnessTracker www.msfitnesstracker.com

The official software of the President's Challenge

With FitnessTracker, you can now keep track of your students' scores on your desktop computer. This software allows you to:

- Automatically calculate award levels for students
- Keep track of your students from year to year and follow their scores through all ages and grade levels
- Print out results of each student's scores and provide recommendations on how to improve scores in the future
- Print out charts of current standards for males and females of all ages
- Use either the physical fitness award criteria (Presidential Award, National Award, and Participant Award) or the Health Fitness award option
- Provide results and percentages of those achieving various award levels

Hardware Requirements

- PC with Pentium-class or faster processor
- Microsoft Windows® 95, Windows® 98, Windows® 2000, or Windows NT® 4.0 (with Service Pack 3 or greater)
- 16 MB of RAM for Windows® 95 or Windows® 98
- 32 MB of RAM for Windows NT® or Windows® 2000
- 30 MB hard disk space
- CD-ROM drive for installation

Pricing and Licensing

Cost for *FitnessTracker* is \$95.00 for one to four software packages and \$75.00 each for five to 10 packages. Contact MicroServices for special pricing if you are ordering 11 or more copies. Cost of the software includes shipping and handling.

FitnessTracker is provided with a school site license. This entitles the purchasing school to use the software on any of its computers or those owned by its staff, but only for students of that school. Visit the MicroServices Web site at www.msfitnesstracker.com to find out more and to see actual screenshots from the software.

For questions and additional purchasing information contact:

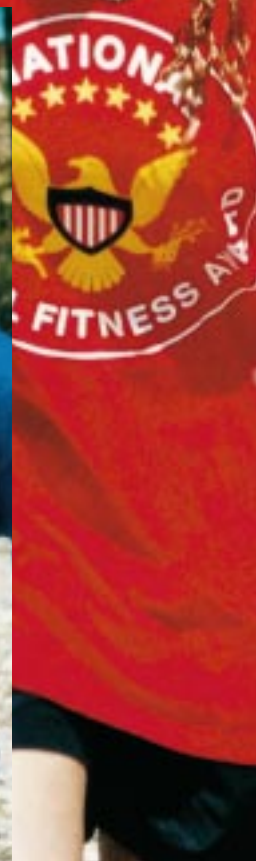
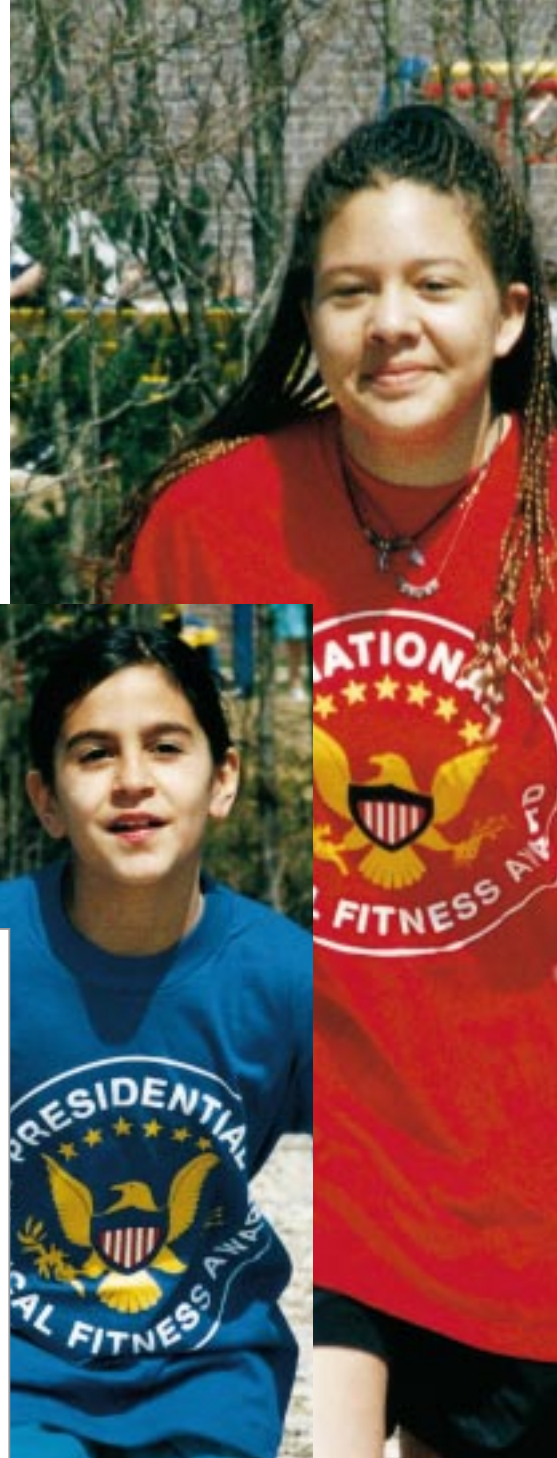
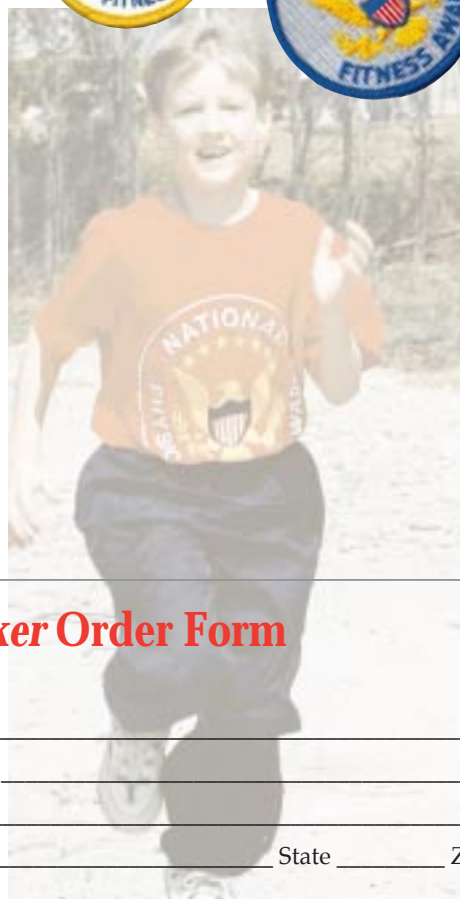
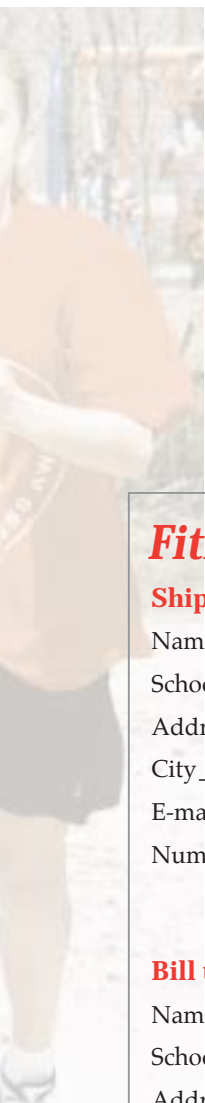
MicroServices
14 Harmony Lane
Denville, NJ 07834-2451

Phone: (973) 627-1781
E-mail: support@msfitnesstracker.com

When ordering, please use the order form on the facing page.

"Thanks to the user-friendly data entry and comprehensive reporting, which automatically computes award winners, FitnessTracker enables us to provide professional-looking reports to parents and students twice each year with minimum effort. It is an invaluable time saver."

Jane Jones
Physical Education Instructor
Rockway, NJ



FitnessTracker Order Form

Ship to:

Name _____

School/Organization _____

Address _____

City _____ State _____ Zip _____

E-mail _____

Number of copies _____	Quantity	Price (includes shipping and handling)
	1-4	\$95.00
	5-10	\$75.00
	11+	Please contact MicroServices

Bill to:

Name _____

School/Organization _____

Address _____

City _____ State _____ Zip _____

Phone (_____) _____

☐ Check No. _____ ☐ Money Order No. _____

☐ Purchase Order No. _____

Send your software order to: MicroServices
 14 Harmony Lane
 Denville, NJ 07834-2451
 Phone: (973) 627-1781
 E-mail: support@msfitnesstracker.com

**“We do not want
in the United States
a nation of spectators.
We want a nation of participants
in the vigorous life.”**

—President John F. Kennedy



**THE PRESIDENT'S COUNCIL
ON PHYSICAL FITNESS
AND SPORTS**
200 Independence Ave., SW
Room 738H
Washington, DC 20201
Web Site www.fitness.gov

THE PRESIDENT'S CHALLENGE
400 East 7th Street
Bloomington, IN 47405-3085
Phone 1-800-258-8146
Web Site www.indiana.edu/~preschal
E-mail Address preschal@indiana.edu

